

HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN PHYSICAL ACTIVITY AND FITNESS MANAGEMENT

The Physical Education - Physical Activity and Fitness Management concentration will prepare professionals to plan, implement, and evaluate physical activity programs in corporate, community, and non-profit settings. The physical activity and fitness management concentration has intellectual value in academia while addressing emerging regional and national employment trends, student interests and preferences, and community need. The uniqueness of this concentration centers around a personnel preparation core combined with students preferred choice of two of five well-established and emerging specialty areas.

Program Learning Outcomes

- **Instructional Excellence:** Develop Physical Activity and Fitness Managers who educate and empower individuals to lead active healthy lifestyles.
- **Physical Health and Wellness Competency:** Develop Physical Activity and Fitness Managers who prepare individuals for an active lifestyle through purposeful movement and healthy nutrition.
- **Social, Emotional and Cognitive Wellness:** Develop Physical Activity and Fitness Managers who prepare individuals with strategies to improve cognition, manage stress and positively interact with others.
- **Physical Activity Management in Community and Commercial Settings:** Prepare Physical Activity and Fitness Managers to coordinate and lead comprehensive wellness programs that promote health literacy and physical activity in Community and Commercial Settings.
- **Professional Advocate and Leader:** Develop professionals who model and value health and advocate for quality health and wellness in schools and communities.

Related Links

Health and Physical Education - Physical Activity and Fitness Management, BSED Program Page (<https://www.sru.edu/academics/majors-and-minors/physical-activity-and-fitness-management/>)

Physical and Health Education Department Page (<https://www.sru.edu/academics/colleges-and-departments/coe/departments/physical-and-health-education/>)

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensure/>)